

FOODS AND NUTRITION 2

Course Code: 5825

Foods and Nutrition 2 is an advanced program designed to provide students with more in depth knowledge of individual and family health, fitness, and wellness. Responsible consumer behavior, ethnic and multicultural foods, healthy meal planning, selection, and preparation, and safety and sanitation will be stressed during guided instruction, independent study and laboratory experiences. Integration of the Family and Consumer Sciences student organization, Family Careers, and Community Leaders of America (FCCLA), greatly enhances this curriculum.

Objectives:

Students will:

1. demonstrate proper nutrition techniques and ways to avoid harmful habits.
2. explore ethnic and multicultural cuisine.
3. create menus consisting of healthy food selections.
4. develop methods to improve the nutritive value of a food during meal preparation.
5. assess safety and sanitation methods.

Credit:

½ - 1 Unit

National Certification:

ServSafe
Tourism and Hospitality Education Foundation
<http://www.schospitality.org>

Recommended Grade:

9-12

Prerequisite:

Foods and Nutrition 1

FOODS AND NUTRITION 2

Course Code: 5825

Textbooks:

Glencoe/McGraw-Hill

Food for Today, 8th Edition

Student Edition

Author:Kowtaluk

0078462924 09-12 2004 \$44.49

Food for Today contains comprehensive chapters divided into sections. The text provides cross-curricula activities, laboratory experiences for all chapters, and good food science links. The teacher resource binder contains detailed lesson plans, cooperative learning activities, meal planning and menu activities, handout masters, and transparencies.

Glencoe/McGraw-Hill

Nutrition and Wellness, 2nd Edition

Student Edition

Author:Duyff, Hasler

0078463327 09-12 2004 \$39.49

Nutrition and Wellness provides a total teaching package. It includes a broad range of food-related topics, including nutrition and wellness, consumer skills, safety, and food preparation techniques. The short stand-alone chapters feature colorful illustrations with short concise text. The nutrition first, then the preparation format of the book, lends itself to easy transition from one semester to the next. The teacher's resource binder contains detailed lesson plans, cooperative learning activities, meal planning and menu activities, handout masters, and transparencies.

Goodheart-Willcox Company

Guide to Good Food

Student Edition

Author:Largen and Bence

1590701070 09-12 2004 \$42.48

Guide to Good Food has a correlation of the Family and Consumer Sciences National Standards in the teacher's wraparound edition. The text has strong school-to-work (career path) references and workplace skills. Text box tips are included throughout the chapters with headings such as, "Good Manners are Good Business." Across curriculum activities for math, food science, history, and writing are included. There are activities for FCCLA and on-line resources. Activities provide opportunities for higher-order thinking skills, problem solving skills, and cooperative learning activities. The CD has a test maker and the resource binder is easy to install and access.

FOODS AND NUTRITION 2

Course Code: 5825

Goodheart-Willcox Company
Nutrition, Food, and Fitness
Student Edition

Author: West
1566379334 09-12 2004 \$39.00

Nutrition, Food and Fitness is a comprehensive textbook that emphasizes the importance of healthful eating and regular physical activity. The text includes weight management, eating disorders, and global hunger in addition to consumer issues and careers.

<http://www.mysctextbooks.com/>

High School Education:	food laboratory aide, dietary aide, food product tester, test kitchen food assembler, quality control technician.
Postsecondary Education:	food and drug inspector, food production chemist, food technician
Postgraduate Education:	food scientist, test kitchen home economist, food technologist, nutritionist, dietitian, director for food services

FOODS AND NUTRITION 2

Course Code: 5825

Standards Revision Committee:

LaLone Augustine
Irmo High School

Linda Lewis
Woodland High School

Jane Black
Spring Valley High School

Janetha Prioleau
West Ashley High School

Charles Bushee
SDE School Food

Billie Southard Chegin
Keenan High School

Imogene Clarke
Richland School District One

Anna Turner
Bob Jones University

Gardenia Coleman
SC Vocational Rehabilitation

Michael Williams
Jasper County High School

Anita Dickard
James F. Byrnes High School

Feng Chen
Clemson University

Joy Holhouser
Fort Mill High School

FOODS AND NUTRITION 2

Course Code: 5825

A. NUTRITION

1. Evaluate food choices for nutrient density.
2. Apply USDA Dietary Guidelines in planning and preparing foods to meet special nutrition needs.
3. Create a plan to meet personal and family nutrition and wellness needs throughout the life cycle.
4. Develop nutritious menus for special occasions and special needs.
5. Evaluate ethnic, regional, and international foods for nutritional content.

B. SAFETY AND SANITATION (ServSafe and Hazard Analysis Critical Control Point – HACCP)

1. Demonstrate safety and sanitation procedures during pre-preparation (receiving, handling, and storing).
2. Demonstrate safety and sanitation procedures when preparing and serving foods.
3. Incorporate essential personal hygiene practices.
4. Analyze a safe and sanitary working environment.
5. Select appropriate procedures for administering basic first aid.

C. CONSUMER DECISIONS

1. Demonstrate consumer decision-making skills.
2. Examine the factors that affect consumer food purchases
3. Determine appropriate consumer behavior when eating out (e.g. place order, display etiquette, review bill, calculate gratuity).
4. Analyze food labels to evaluate nutritional content.
5. Compare conventional and convenience foods (taste, cost, time, skill, and nutrition).

FOODS AND NUTRITION 2

Course Code: 5825

D. MEAL PREPARATION

1. Integrate a variety of unfamiliar foods into meal planning.
2. Prepare foods using various culinary techniques.
3. Demonstrate various food presentation techniques.
4. Prepare nutritious ethnic, regional, and international foods.

E. TABLE SERVICE AND ETIQUETTE

1. Demonstrate dining etiquette for culturally diverse groups.
2. Design table settings for various occasions.

F. CAREERS

1. Research career opportunities in food and nutrition field.
2. Determine personal qualifications, interests, and educational preparation necessary for future employment.